

CLASS SCHEDULE

Check our Facebook page for any updates/cancellations!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

ZUMBA GOLD

9:00A - 10:00A

ZUMBA GOLD

9:00A - 10:00A

ZUMBA GOLD

9:00A - 10:00A

CIRCUIT TRAINING

6:15P-7:15P

KICKBOXING

5:30P - 6:30P

YOGA

5:15P - 6:15P

REPS & SWEAT

5:00P-6:00P

SPIN


6:15P - 7:15P

HIIT DANCE FUSION

6:00P - 7:00P



 @fitnessconnectiondexter

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